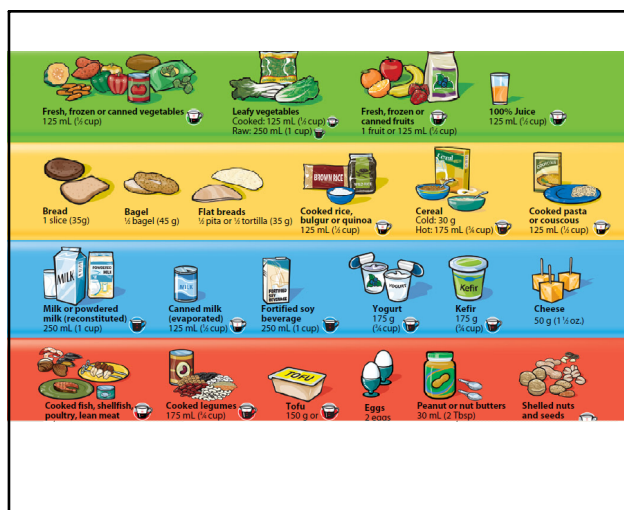


<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>


Revised in 2007

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| Recommended Number of Food Guide Servings per Day |                |     |      |         |       |         |       |         |       |
|---|----------------|-----|------|---------|-------|---------|-------|---------|-------|
| Age in Years                                      | Children       |     |      | Teens   |       | Adults  |       |         |       |
|   | 2-3            | 4-8 | 9-13 | 14-18   |       | 19-50   |       | 51+     |       |
| Sex   | Girls and Boys |     |      | Females | Males | Females | Males | Females | Males |
| Vegetables and Fruit                              | 4              | 5   | 6    | 7       | 8     | 7-8     | 8-10  | 7       | 7     |
| Grain Products                                    | 3              | 4   | 6    | 6       | 7     | 6-7     | 8     | 6       | 7     |
| Milk and Alternatives                             | 2              | 2   | 3-4  | 3-4     | 3-4   | 2       | 2     | 3       | 3     |
| Meat and Alternatives                             | 1              | 1   | 1-2  | 2       | 3     | 2       | 3     | 2       | 3     |



## How do I count Food Guide Servings in a meal?



**Here is an example:**

| Vegetable and beef stir-fry with rice, a glass of milk and an apple for dessert |  |
|---|--|
| 250 mL (1 cup) mixed broccoli, carrot and sweet red pepper                      | = 2 <b>Vegetables and Fruit</b> Food Guide Servings    |
| 75 g (2 ½ oz.) lean beef  | = 1 <b>Meat and Alternatives</b> Food Guide Serving    |
| 250 mL (1 cup) brown rice   | = 2 <b>Grain Products</b> Food Guide Servings          |
| 5 mL (1 tsp) canola oil   | = part of your <b>Oils and Fats</b> intake for the day |
| 250 mL (1 cup) 1% milk  | = 1 <b>Milk and Alternatives</b> Food Guide Serving    |
| 1 apple   | = 1 <b>Vegetables and Fruit</b> Food Guide Serving     |

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The benefits of eating well and being active include:

- Better overall health.
- Lower risk of disease.
- A healthy body weight.
- Feeling and looking better.
- More energy.
- Stronger muscles and bones.

**Be active**

It is recommended that adults accumulate at least 2 ½ hours of moderate to vigorous physical activity each week and that children and youth accumulate at least 60 minutes per day. You don't have to do it all at once. Choose a variety of activities spread throughout the week.

*Start slowly and build up*

### Eat well

Another important step towards better health and a healthy body weight is to follow *Canada's Food Guide* by:

- Eating the recommended amount and type of food each day.
- Limiting foods and beverages high in calories, fat, sugar or salt (sodium) such as cakes and pastries, chocolate and candies, cookies and granola bars, doughnuts and muffins, ice cream and frozen desserts, french fries, potato chips, nachos and other salty snacks, alcohol, fruit flavoured drinks, soft drinks, sports and energy drinks, and sweetened hot or cold drinks.

[illegible]

Canada

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My Food Guide Servings Tracker  
FOOD INTAKE RECORD

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

| MEAL                                | VEGETABLES AND FRUIT | GRAIN PRODUCTS | MILK AND ALTERNATIVES | MEAT AND ALTERNATIVES | OILS AND FATS | FOODS TO LIMIT |
|-------------------------------------|----------------------|----------------|-----------------------|-----------------------|---------------|----------------|
| BREAKFAST                           |                      |                |                       |                       |               |                |
| LUNCH                               |                      |                |                       |                       |               |                |
| DINNER                              |                      |                |                       |                       |               |                |
| SNACKS                              |                      |                |                       |                       |               |                |
| TOTAL NUMBER OF FOOD GUIDE SERVINGS |                      |                |                       |                       |               |                |

Limit foods and beverages high in calories, fat, sugar or salt.

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Estimated Energy Requirements

Males (Calories per day)

| Age     | Sedentary <sup>1</sup> | Low Active <sup>2</sup> | Active <sup>3</sup> |
|---------|------------------------|-------------------------|---------------------|
| 2-3 y   | 1100                   | 1350                    | 1500                |
| 4-5 y   | 1250                   | 1450                    | 1650                |
| 6-7 y   | 1400                   | 1600                    | 1800                |
| 8-9 y   | 1500                   | 1750                    | 2000                |
| 10-11 y | 1700                   | 2000                    | 2300                |
| 12-13 y | 1900                   | 2250                    | 2600                |
| 14-16 y | 2300                   | 2700                    | 3100                |
| 17-18 y | 2450                   | 2900                    | 3300                |
| 19-30 y | 2500                   | 2700                    | 3000                |
| 31-50 y | 2350                   | 2600                    | 2900                |
| 51-70 y | 2150                   | 2350                    | 2650                |
| 71 y +  | 2000                   | 2200                    | 2500                |

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Females (Calories per day)

| Age     | Sedentary <sup>1</sup> | Low Active <sup>2</sup> | Active <sup>3</sup> |
|---------|------------------------|-------------------------|---------------------|
| 2-3 y   | 1100                   | 1250                    | 1400                |
| 4-5 y   | 1200                   | 1350                    | 1500                |
| 6-7 y   | 1300                   | 1500                    | 1700                |
| 8-9 y   | 1400                   | 1600                    | 1850                |
| 10-11 y | 1500                   | 1800                    | 2050                |
| 12-13 y | 1700                   | 2000                    | 2250                |
| 14-16 y | 1750                   | 2100                    | 2350                |
| 17-18 y | 1750                   | 2100                    | 2400                |
| 19-30 y | 1900                   | 2100                    | 2350                |
| 31-50 y | 1800                   | 2000                    | 2250                |
| 51-70 y | 1650                   | 1850                    | 2100                |
| 71 y +  | 1550                   | 1750                    | 2000                |

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Online Calculators

[http://www.caloriesperhour.com/index\\_food.php](http://www.caloriesperhour.com/index_food.php)

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